

Open Letter to the Cosmios:

05 Dec 92

Tis a mondo cosmic year.. hurricanes, tornados, famine, war, a schizo world economy, Buckingham Palace ablaze, the Soviet Union disintegrates, neo-fascism in Germany, ethnic cleansing in Bosnia, Vietnam war finally over, car jackings, the CIA investigates the FBI who investigates State Dept, a most unusual national election, the year of the woman, an Earth summit, fat labelling of foods, the aids plague spreads, boat loads of Haitians on the way, US Marines rescue starving Somalis, fascinating isn't it! Is this a global revolution or what!

Kinda makes you wonder what will happen next. Here's some predictions for the next 2-3 years: Yeltsin overthrown by neo-stalinist, civil war breaks out across former Soviet Union, Iran gets nukes from Pakistan - escalates moslem revolutions, conflict grows between India and Pakistan, King of Jordan dies, Egypt's Mobarek is assasinated disrupting Israeli peace-talks, Japan-Taiwan-Korea-and China enter arms race, Clinton forces democratic elections in Haiti-promises aid, announces massive US infra-structure revitalization projects, creates civilian jobs corp, increases national debt, prime rates exceed 12%, raises gas, millionaire (anyone over 100K) & sin tax, medical breakthroughs in treatments of parkinsons, several forms of cancer, aids, and aging, fetuses are farmed for their cells and hormones, US pharmaceuticals introduce new class of drugs called Nootropics which increase intelligence, euthanasia is legalized, first cloned human announced in Sweden, intelligent machines used to diagnose illness, give treatment - including surgery, video phones become common to US households, new 3D hi-res TVs with built-in computers and interactive programming, number of cable stations triple, every child has portable computer with interface to huge knowledge data bases and expert systems, tax incentive for buying electric cars, price of pure water rivals that of milk per gallon, ... and so it goes!

We've certainly had fun this year inspite of the global convulsions. Rachel is almost nine & on the honor roll. Sarah almost five and will be going to kindergarten next year. Christine and I are now world travelers having met the long-neck women of Burma and refugee Tibetan priests in Katmandu, I'm still dabbling in photography (masking, toning, and hand painting 16x20s) and participating in the devlopment of new forms of simulation (virtual reality - synthetic environments) for DoD. Our 2 room apartment seems to be getting smaller but the price of houses around here start at 300K. Saw some hi-quality films: Unforgiven, Naked Lunch, Last of Mohicans, Zentropa, Ironman (Japanese), and Lawn Mowerman. Reading alot of *different* things: Sacred Mirrors, Zen Flesh Zen Bones, Neuromancer, Literary Outlaw, Beat Reader, Storming the Reality Studio, Angry Women, and Zombie Mystery Paintings. Also peruse Science News, Discovery, Mondo 2000, Magical Blends, Extropy, boing boing, Camera & Darkroom, and Nuero Funnies (when I can get it). It was also a good year for visitors including: the ubiquitous Cosmo Watson, Phyllis & Larry, Irene & Walt (great god parents), Greg & Doreen, Dan-Randa-Amanda & Katie, and perhaps most remakably the spritely spirit-gypsy herself Jean-Genii. We like visitors. If you haven't been up - do it! If you have - come back!

Lessons Learned on mind-body: Deprenyl in 100% pure liquid form is like a fountain of youth!, DMAE, Phosphatidylcholine, Cognitex, vitamin C, are nice in the morning along with TAO or Mu tea, B complex, Inositol, GABA, and Ginseng Tea at night. Guarana, Ginko Biloba, and Yohimbe good for a lift. Little or no sugar, caffeine, nicotine, etc. Avoid pesticide, chemical sprays or fumes, public water, garbage television, negative emotions, etc. Listen to music, meditate, be conscious of breathing (especially at work), mild exercise (20 mins per day), enjoy nature, use a mind machine, read koans or poetry, express emotions (love), get sufficient quality sleep, think good thoughts.

Until next time; Be cool & radiant beatniks. Groove on the mysterious rhythm & pulse of life!

Love: Your Humble Self